

Chicken and Spinach Alfredo Pasta

Makes: 100 Servings

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| Ingredients | Weight | Measure |
|--|-------------|--------------|
| Margarine | 1 lb 4 oz | |
| Garlic, cloves, chopped fine | 2 oz | 2 Tbsp 2 tsp |
| Flour | 1 lb 1.5 oz | |
| Nutmeg, ground | | 1/2 tsp |
| White pepper | | 2 Tbsp 2 tsp |
| Garlic powder | | 1/4 cup |
| Bay leaf | | 4 each |
| 2% milk | | 2 gal 3 qt |
| Parmesan cheese, grated | 2 lb | 1 1/2 qt |
| Cooked chicken, diced | 11 lb 8 oz | 3 gal |
| Spinach, thawed and drained | 8 lb | 3 qt 3 cups |
| Whole wheat pasta (bowtie or macaroni), uncooked | 5 lb 2 oz | |

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 328 | |
| Total Fat | 13 g | 36% |
| Protein | 28 g | |
| Carbohydrates | 28 g | |
| Dietary Fiber | 3 g | |
| Saturated Fat | 5 g | 14% |
| Sodium | 323 mg | |

Directions

1. Melt butter over medium heat in large saucepan or kettle. Add garlic and sauté approximately 4 minutes.
2. Add flour, nutmeg, pepper, and garlic powder to melted butter and whisk over medium heat, making a roux, approximately 9 minutes.
3. Simmer 3-4 minutes.
4. Add bay leaf to milk and heat to scalding (185°F) in kettle or tilt skillet at 375°F, approximately 15 minutes.
5. Add roux to hot milk while stirring.
6. Bring sauce to a simmer and reduce heat to 300°F.
7. Remove bay leaves.
8. Stir cheese into sauce until just melted.
9. Stir cooked chicken and thawed, drained spinach into white sauce. CCP: Hold above 135°F until service.
10. Cook pasta until al dente.
11. Serve chicken alfredo sauce over 3 ½ oz pasta with #6 scoop.